



2016 Healthy Connections

Kenneth Hahn Hall Of Administration , 500 W. Temple Street, Los Angeles --- Room B-62
Select Thursdays, 12:00pm – 12:50pm

January 14	Setting Realistic Goals	Kaiser Permanente
January 28	Cervical Cancer Awareness	UnitedHealthcare
February 11	Anger Management/Dealing with Difficult People	Cigna
February 18	Heart Health Month	Anthem Blue Cross
March 17	National Nutrition Month	UnitedHealthcare
April 21	Back Care	Kaiser Permanente
May 12	Women's Health Week	Anthem Blue Cross
May 26	Summer Nutrition and Recipes	Cigna
June 16	Men's Health Month	UnitedHealthcare
July 21	The Importance of Oral Health	Delta
August 18	Anger Management	EAP
September 15	Type II Diabetes Prevention	Kaiser Permanente
October 13	Fruits and Veggies – More Matters Month	Cigna
October 20	Breast Cancer Awareness	Anthem Blue Cross
November 10	Nutritious and Tasty Holiday Recipes – Live Food Demos & Samples	Kaiser Permanente
December 8	Beating The Holiday Blues	UnitedHealthcare

For more information, contact your Department's Wellness Manager